## ABSTRACT OF THE DISCLOSURE

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The present invention consists of a conversion quick pitch system and method for converting a spring-actuated pitching machine of the Iron Mike type to a video pitching machine, i.e., a pitching machine that includes a video projection screen on which the video image of an actual pitcher is displayed in synchronization with the release of a ball from the pitching machine. The quick pitch system and method includes a projection screen; a projector; a clutch motor unit and a first and a second cam switch; a relay unit; and a control unit. The projection screen, which is adapted to be positioned between the pitching machine and a batter, includes an aperture through which a ball may be delivered to the batter by the conventional spring-actuated pitching machine. The video projector must be able to project the video image of an actual pitcher onto the projection screen. The first cam switch is adapted to initiate display of the video image on the screen and the second cam switch is adapted to hold a ball in a queued position within the spring-actuated pitching machine and, upon release, propel the ball toward the batter in synchronization with the video image. A control unit is provided for storing the video image and displaying the video image onto the screen as well as for causing the clutch motor to hold the ball in a queued position and, upon release, propel the ball toward the batter in full synchronization with the video image displayed on the screen.